



PRINTABLE WORKSHEET

Exploring your self-esteem



1. Explore your “Real Me” and your “Ideal Me”!

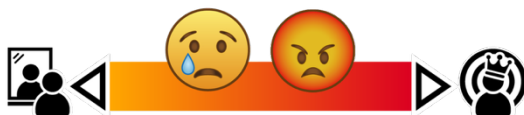
- **Describe your “Real Me”:** How you view yourself—your worth, your importance. It’s the reflection you see when you look in the mirror in the present moment (in terms of academic, social, emotional, physical or other aspects).

- **Describe your “Ideal Me”:** What you think you should ideally be like. It’s who you wish you were—a “better” or “best” version of yourself (in terms of academic, social, emotional, physical or other aspects).

2. How big is the gap between your two “me”s? Are they

- ☐ **Far apart** (lower or weaker self-esteem); or
- ☐ **Close together** (positive, balanced, healthy and strong self-esteem).

ARE THEY
FAR APART?



OR CLOSE
TOGETHER?





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Kindness Meditation Script



The meditation you are about to practice is called the kindness meditation. Kindness is the openness, cheerfulness and love we show to others, not the love we imagine in romantic movies. Loving-kindness. It's a love that allows you to accept people as they are, without judging them, by giving them the best of yourself. It's this love for others and for yourself that also allows you not to worry and to forgive when you feel judged.

I invite you to think that everyone is a bit like you, deep down. Everyone looks alike in some ways, wants the same things and sometimes worries about the same things. You can try to keep this in mind when you're with others and especially when you feel judged.

Make yourself comfortable. Remember that you can move gently to reposition yourself if you feel the need, along the way. I invite you to start by observing your breathing. Turn your attention to your inhaling. Feel the movement of the air entering your body and swelling your belly. Then, as you exhale, observe as the air reverses direction and exits through your nose or mouth. Don't try to change your breathing. It's perfect as it is right now. It doesn't need you to give it qualities or faults. Simply give it your attention by becoming aware of your sensations as you inhale and exhale.

Now, with your eyes closed, think of someone who loves you very much. Imagine that this person is at your side, giving you a big hug. They wish you safety, health and happiness. Take the time to feel all the love, all the positive wishes that come from the person you imagine at your side.

Take a deep breath and exhale through your nose.

Now that you've spent a moment receiving kindness, I invite you to change roles and pass on this loving-kindness in turn. Think of someone in the class you know less about or have less of a connection with. Turn all your attention toward them and start sending them a big wave of love and kindness. You and this person are similar, even if you don't know each other very well. Like you, they too want to be well, be happy, be healthy and safe. Take a moment to silently send them your kindness and good thoughts. For example, you can wish them a life filled with love, good health and well-being.

Take a deep breath in and relax your body completely as you exhale. You can repeat a few more deep breaths at your own pace. For a moment, try to observe how you feel in your body and what's going on in your head. And when you want to, gently open your eyes. Look around you to return quietly to the rest of the class and stretch, if you feel like it, to return to a more active position.